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NEWS WORTH SHARING.

## Whitecaps' coach fed up with draw after draw

Club has 10 ties and counting PAGE 19

## To infinity and beyond!

If, by infinity, you mean Mars. Mars rover breaks record for off-Earth distance travelled PAGE 8

## You're a lab rat. Get over it, OK?

Co-founder says OkCupid — and every other site out there — experiments on users PAGE 10

## 'SHE'S GOT A VERY STRONG KICK AND SHE'S NOT AFRAID TO USE IT'

A HARDENED STUNT-WORK VET, ZOE SALDANA CAME OUT SWINGING FOR GUARDIANS OF THE GALAXY PAGE 13

# Pharmacies offer free HIV test

**Health.** First-in-Canada pilot project aims to make testing quick, accessible and easy

MATT KIELTYKA
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Pharmacy manager Santosh Meher holds up a rapid HIV test that's now available at Vancouver's Medicine Shoppe, the first pharmacy in Canada to provide the test. MATT KIELTYKA/METRO

Vancouver is the first city in Canada where you can take a free HIV test at a pharmacy.

Vancouver Coastal Health and Providence Health Care announced Tuesday that they're piloting the feasibility of local pharmacies offering HIV tests to customers by introducing the test at two Vancouver Medicine Shoppe locations.

"A few years ago, evidence became really compelling that diagnosis at the earliest possible moment is beneficial to patients and their partner," said VCH medical health officer Dr. Reka Gustafson. "We began to greatly expand the availability of HIV testing in health-care settings and also outreach settings. It's had a tremendous impact."

But the health-care system continued to see the infection spreading among young people, who rarely see a doctor or visit hospitals, at concerning rates.

So, in an effort to make the test as accessible and easy as possible, health providers decided to launch the pilot project.

"People may know what the healthy thing to do is, but don't always do it," said Gustafson. "Now they have the option of being tested while they wait for a prescription to be filled. We've made it easy for them."

The two Medicine Shoppe pharmacies — at 2030 Kingsway Ave. and 6190 Fraser St. — both have private areas where the test can be conducted.

The free rapid HIV test, recommended once a year, is a simple pinprick blood test that identifies antibodies produced by humans when the HIV virus is present.

The results are available within 60 seconds.

"It's a very good test at ruling out HIV," said Gustafson.

A positive result isn't a diagnosis and requires a follow-up blood test.

Gustafson said the test is appropriate for the vast majority of people, but recommends that people who fear they've had a high-risk exposure within a week to seek a blood test in a health-care setting instead.

The pilot project will run for a year, before potentially expanding to more locations and cities.

"It's important to look at the results of the pilot," said Gustafson. "Our job is to do the pilot and evaluate it and we'll leave it to the policy-makers to make the decisions."

The tests are available now.

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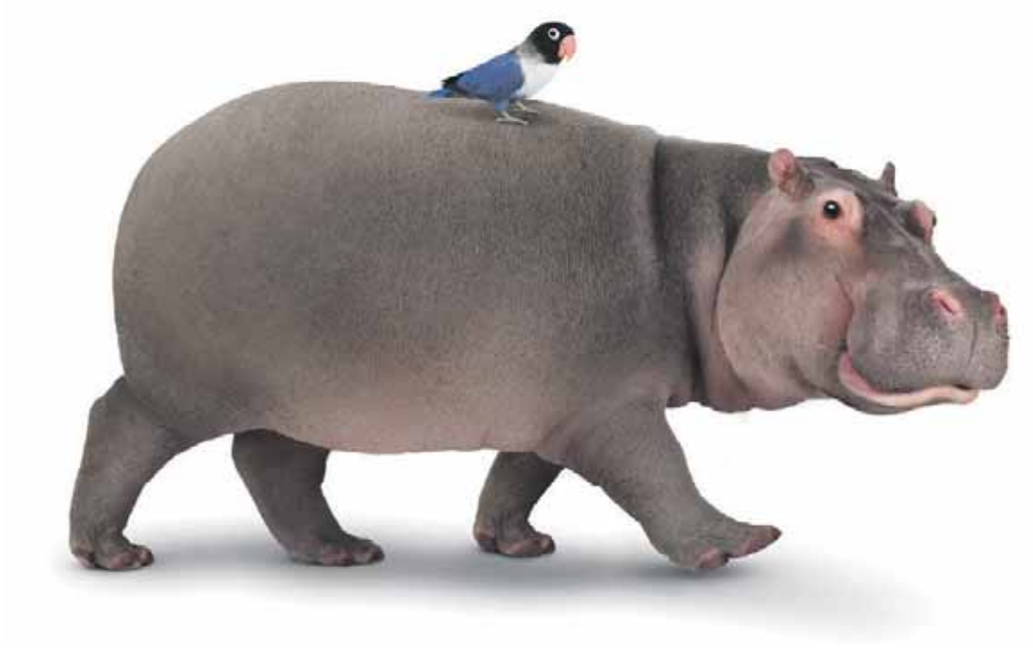

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# Women, sex and politics

**'Make space to talk.'** Former Vision Vancouver candidate wants to start conversation about costs of public life

EMILY JACKSON
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When Trish Kelly got the green light to run as a park board candidate for Vision Vancouver, the party knew about the comedic video monologue on masturbation she made for the Fringe Festival eight years ago and supported her all the same.

It wasn't the most taboo subject she's dealt with as a sex-positive activist — she used to edit queer erotica — so Kelly was surprised that she and Vision parted ways after the video surfaced on a blog that dubbed it "potentially explosive."

"In the conversations we had once this started to go around on blogs, it was made clear to me that something had changed," Kelly said in an interview Tuesday.

Kelly subsequently decided not to run in the Nov. 15 election to avoid a smear campaign, even though she got the most votes in the party's nomination process. (Vision said it did not ask her to step aside.)

But Kelly still wants to use the moment in the spotlight to start a conversation about women, sex and politics.

"I want to make space to talk about how women who own their sexuality are punished in our society, especially when they take on a public life," she said. "At what cost are we stepping into the mainstream?"

She's planning a forum on the barriers women face to entering politics at SFU's downtown campus on Aug. 26. Details will be available on votetrishkelly.ca.

The forum will also discuss barriers for people in queer or marginalized communities who feel they have to present "cleaned-up or sanitized versions" of themselves to run for office, which is not always possible in an environment where everyone's past is easily accessible on the Internet, Kelly said.

The discussion will come after a Pride Week at which Vision is touting the LGBTQ-friendly policies passed by its council and park board.

"I'm really glad we've come this far that we do have a mayor that will DJ at a Pride party, but I do wonder about women's roles in society," Kelly said.

Former Vision Vancouver park board candidate Trish Kelly is planning a forum at SFU on Aug. 26. CONTRIBUTED

**A door closes, others open**

**Many are calling for Kelly to keep running in the election. She is under the impression the "door is closed" on a Vision nomination, but she has been approached by many other municipal parties. OneCity and COPE both issued statements after her resignation calling for support for women in politics.**

- NPA mayoral candidate Kirk LaPointe also reached out to Kelly to discuss policy, but she declined.
- Candidates have until Oct. 10 to formally submit their nomination papers.

# WorkSafeBC orders mill to pay $724K for fatal fire

The company that owns the northern B.C. sawmill where two workers were killed and 22 others injured in a explosion and fire has been ordered by WorkSafeBC to pay more than $724,000 in penalties and levies.

The April 23, 2012, blaze at Prince George's Lakeland Mills Ltd. claimed the lives of Alan Little, 43, and Glen Roche, 46, and followed a similar deadly explosion only months earlier at the Babine Forest Products sawmill in Burns Lake.

The province's Criminal Justice Branch announced earlier this year it would not lay charges against either of the companies in the mill blasts because it feared the evidence collected wouldn't be admissible in court.

But WorkSafeBC said Tuesday that Lakeland Mills breached the Workers Compensation Act and Occupational Health and Safety regulations and ordered it to pay a $97,500 administrative penalty and a $626,663 claims-cost levy.

"The dollar value of a penalty or claims-cost levy does not and cannot reflect the loss of lives and the pain and suffering of workers and families," the agency states on its website, adding the company has the right to appeal and review the penalties.

The order follows a similar $1-million ruling in April by WorkSafeBC against Hampton Affiliates, the owners of the Babine mill.

THE CANADIAN PRESS

# Richmond. City staff urges council to invest $50M in flood protection

City staff in Richmond are recommending council approve an additional $50 million over the next five years to mitigate flood risk.

The investment, highlighted in a report presented to council Monday, would be used to rebuild five pump stations, make upgrades to 10 laneway drainage systems and make $7 million in dike upgrades.

The city, which is vulnerable to flooding given its position at the mouth of the Fraser River and edge of the Georgia Strait, has already spent approximately $45 million since 2008 on flood protection measures.

The recommendation comes after the Fraser Basin Council announced earlier this month it is embarking on Phase 1 of a region-wide Lower Mainland Flood Management Strategy in partnership with 23 municipalities, two regional districts, four provincial ministries, the federal government, First Nations and industry associations.

B.C. Minister of Justice Suzanne Anton — responsible for emergency management — said major flooding along the Fraser River "has the potential to be the most expensive natural disaster in Canadian history."

Richmond is home to Steveston Harbour, Canada's largest commercial fishing harbour, agricultural lands and other industries that would be significantly impacted by flooding.

The city says its dike system is built well above the highest ever-recorded water levels, in 1984, but is in the midst of developing a long-term Dike Master Plan.

MATT KIELTYKA/METRO

'Very healthy'

## B.C. doctor not in quarantine

A humanitarian group says a B.C. doctor who recently returned from a trip to West Africa to fight a deadly Ebola outbreak is not under any kind of quarantine, contrary to initial reports.

Samaritan's Purse had told CTV News that Dr. Azaria Marthyman, who returned to Victoria on Saturday after spending several weeks in Liberia, had voluntarily placed himself under quarantine at home as a precaution.

But group spokesman Jeff Adams said the information given to the network was incorrect.

THE CANADIAN PRESS

Donald James Sabey

## Sex offender back behind bars

A high-risk sex offender is back behind bars after he failed to return to his Vancouver halfway house last week.

Donald James Sabey, 48, was arrested Tuesday without incident at a home in Vancouver.

Vancouver Police issued a Canada-wide warrant last Thursday for being unlawfully at large when Sabey didn't show up to his halfway house.

Sabey is a federal offender charged with sex assault, forcible confinement and uttering threats.

THANDI FLETCHER/METRO

Craig Premack, who was shot while riding on the Trans-Canada Highway at 1 a.m. during an overnight road cycling event near Spences Bridge, B.C., in June, shows where the bullet entered his forearm during a news conference at RCMP headquarters in Surrey on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

# Cyclist shot in arm during road race

**Highway 1.** Police believe the incident was random and are seeking information from the public

It was just before 1 a.m. during an overnight cycling race in June, when loud explosions disrupted the solace of a rider along Highway 1 in British Columbia.

At first, Craig Premack, 59, thought he was hearing firecrackers near Spences Bridge while he was taking part in a 600-kilometre, two-day cycling event called the Cache Creek 600.

"But then my right forearm just blew up," Premack said at a police news conference Tuesday. "Seconds later I could feel the warmth of the blood rolling down my leg. I quickly realized that I had been shot and pedalled faster to escape."

Premack said the bullet entered his right forearm, just below his elbow.

As he tried to make sense of what was happening, he saw a dark-coloured vehicle leaving a highway pullout.

"It was almost like a bad dream. I looked down and I could feel the blood. 'My goodness, I've been shot. I've really been shot.' And all I could think was 'get away.'"

Premack said he slowed the bleeding with a tourniquet he fashioned out of a pair of pants, and hoped his cycling buddies would soon come by.

He said some cyclists were 20 minutes ahead of him and others were 20 minutes behind him in the cycling event that runs from Metro Vancouver to B.C.'s southern interior and back.

"After the longest 20 minutes of my life I could see the lights of what could only be my cycling friends. They were quick to react, with one of them riding back to Spences Bridge to summon help."

RCMP Insp. Ed Boettcher told the news conference that police believe the potentially deadly incident near Lytton is random.

"We're very fortunate today to be talking about a shooting and not a homicide," he said.

"It was a completely and utterly violent act, one that could have been directed at any one of us."

Boettcher said some cyclists have reported that two men in a pickup truck threw objects at them earlier in the race, though there is nothing to indicate that incident is connected to the shooting.

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# Team France ready for second night of fireworks

**Celebration of Light.** Vancouver police will be out in full force with hundreds of officers on patrol near English Bay

THANDI FLETCHER
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As many as 300,000 people are expected to descend on Vancouver's English Bay on Wednesday night, as Team France prepares to light up the sky for the Celebration of Light fireworks performance.

Pyrotechnic company F.C. Pyro will represent France during the second night of the annual extravaganza, billed as the largest annual offshore pyrotechnic competition in the world, that sees thousands of fireworks ignited from a barge anchored in English Bay.

France will duke it out in a 25-minute performance that kicks off 10 p.m. Wednesday, taking on Team U.S.A., whose explosive display wowed more than 250,000 spectators during the festival's first performance Saturday.

The third presentation takes place Saturday, with Akariya Fireworks representing Japan in the finale.

Vancouver Police will be out in full force again Wednesday with hundreds of officers on the ground and on horseback, bicycle, in police boats and in helicopters monitoring crowds and boats in and around English Bay.

Transit police will also monitor SkyTrain stations and major transit routes throughout the night, police said.

Chief Constable Jim Chu said the visible police presence is intended to deter alcohol-fuelled fights and disturbances, as well as to respond to incidents quickly.

"We want to encourage people to report anything that appears suspicious so officers can respond and assess public safety concerns immediately," said Chu.

Vancouver indie rockers Hey Ocean, and Saskatoon boogie rock band The Sheepdogs, will entertain spectators on Wednesday at SHOREfest — a free concert series held by LG 104.3 that takes place at English Bay and Sunset Beach during the fireworks festival.

Team U.S.A. lights up the skies above English Bay Saturday during the first night of the 2014 Celebration of Light. ANGELA FRIDAY/FOR METRO

Six Mile Creek Road

## Pilot walks away from plane crash in Vernon

A man is injured after a small plane crashed near Vernon, B.C., on Monday evening.

The plane crashed around 6:45 p.m. in the area of Six Mile Creek Road west of Okanagan Lake, according to Vernon RCMP.

The pilot, who was the only person on board the aircraft, walked away from the crash, according to police.

He was taken to hospital by ambulance with unspecified injuries.

Police are still investigating. THANDI FLETCHER/METRO

North Okanagan

## Aggressive cow blamed for death of farmhand

A farmhand from the Northwest Territories has died in a strange accident on a ranch in B.C.'s North Okanagan.

The B.C. Coroners Service says 49-year-old Allen Powder died July 1 as he was transferring cattle from one corral to another at a ranch. The Whitehorse resident was working with another man as they moved the animals. One of the cows became agitated and aggressive and Coroner Larry Marzinzik says it butted the victim with its head. THE CANADIAN PRESS

## Stanley Park tragedy. UBC student, 22, dies in fall from Prospect Point

The B.C. Coroners Service has confirmed the identity of the UBC student who died tragically in a fall from the highest point in Stanley Park on the weekend.

Abbotsford resident Mai David Huy Huynh, 22, was with friends at Prospect Point when he went missing late Saturday afternoon, according to the B.C. Coroners Service.

His body was found on the seawall, about 70 metres below, around 6 p.m.

There was nothing suspicious about the death, according to Vancouver police Const. Brian Montague. B.C. Coroners Service is conducting an investigation into what happened.

Huynh's family has been notified. Condolences for his family are pouring in on social media.

"We cannot express David's character any better than has been by those who are today remembering him for the incredible young man he was — optimistic, outgoing, enthusiastic, generous, and above all kind-hearted," the UBC Commerce Undergraduate Society posted on its Facebook page. EMILY JACKSON/METRO

Mai David Huy Huynh FACEBOOK

# EU sends 'strong warning' to Russia

**Tougher sanctions.** Arms embargo, ban on some tech sales adopted by Europeans after Malaysian airline disaster

Shocked into action by the downing of the Malaysian airliner and the resulting deaths of more than 200 Europeans, the European Union approved dramatically tougher economic sanctions against Russia on Tuesday, to be followed swiftly by similar punitive measures from the U.S.

The new sanctions adopted by the Europeans over the uprising in Ukraine include an arms embargo on Moscow and a ban on the unapproved sale to the Russians of technology that has dual military and civilian uses or is sensitive, such as advanced equipment used in deep-sea and Arctic oil drilling, EU officials said.

To restrict Russia's access to Europe's capital markets, EU citizens and banks will be barred from purchasing certain bonds or stocks issued by state-owned Russian banks, said the officials, who spoke on condition of anonymity.

EU President Herman Van Rompuy and the head of the EU's executive, Commission President Jose Manuel Barroso, said the 28-nation bloc meant to send a "strong warning" to Russian President Vladimir Putin that the "illegal annexation" of Crimea and Russia's destabilization of Ukraine cannot be tolerated.

"Furthermore, when the violence created spirals out of control and leads to the killing of almost 300 innocent civilians in their flight from the Netherlands to Malaysia, the situation requires urgent and determined response," the two top EU officials said in a statement.

THE ASSOCIATED PRESS

**Canada's part**

**The federal government says it will impose new sanctions against Russia in the coming days over Moscow's support of rebel groups in Ukraine.**

- In a statement, Prime Minister Stephen Harper says Russian President Vladimir Putin's failure to cease backing armed rebels in eastern Ukraine constitutes a genuine threat to international peace and security.
- The statement says the new sanctions would be applied against the Russian government and those closest to it.

## Report. CO2 emissions could put Alaska fisheries at risk due to acidification

The release of carbon dioxide into the air, from power plant smokestacks to the tailpipe on your car, could pose a risk to red king crab and other lucrative fisheries in Alaska, a new report says.

Ocean water becomes more acidic when it absorbs carbon dioxide released by human sources, such as the burning of fossil fuels. Increased ocean acidification could harm important Alaska commercial and subsistence fisheries and communities that rely heavily on them, according to the new research aimed at spurring discussion on how to address the changes.

The research, led by the National Oceanic and Atmospheric Administration, was to be published Tuesday in the online journal Progress in Oceanography.

Researchers said changes in ocean chemistry could make it harder for mollusks and other small creatures to build and keep their skeletons or shells. Previous studies have shown red king crab and tanner crab grow more slowly in more acidic water, and that red king crab died in highly acidified conditions.

Communities in southeast and southwest Alaska face the highest risk from ocean acidification because of their reliance on fishing, relatively lower income levels and fewer job alternatives than other parts of Alaska, the report states. For communities with high food and energy costs, ocean acidification could be another hit, the research says.

THE ASSOCIATED PRESS

## Israel bombs symbols of Hamas power in Gaza

A Palestinian inspects the damage to the offices of Hamas' Al-Aqsa satellite TV station, destroyed by an Israeli strike in Gaza City on Tuesday. Israel unleashed its heaviest bombardment in the three-week-old war against Hamas on Tuesday, striking symbols of the militant group's control in Gaza and firing tank shells that Palestinian officials said shut down the strip's only power plant. The fighting came as diplomatic efforts to forge a truce remained stalled, despite a death toll that Palestinian officials said rose above 1,200 on Tuesday. LEFTERIS PITARAKIS)/THE ASSOCIATED PRESS

**Civil aviation**

## UN agency aims to toughen airline security after Ukraine disaster

The UN body that governs civil aviation says it is setting up a task force aimed at improving security measures in the wake of the downing of Malaysia Airlines Flight MH17.

The plane was shot down in mid-July by a missile while flying over a war-torn section of Ukraine.

Top officials from four international organizations met in Montreal on Tuesday to discuss risks to civilian aviation in conflict zones.

Raymond Benjamin, the head of the International Civil Aviation Organization, said the agency will convene a high-level safety meeting with its 191 member states in February 2015.

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# Opportunity knocks for NASA

**Planetary explorer.** NASA's rover sets new off-Earth distance record, nears next major investigation site on the red planet

The odometer of NASA's Mars rover Opportunity has hit 40.25 kilometres, breaking the record for off-Earth distance travelled.

NASA officials said Monday that Opportunity drove 47.8 metres over the weekend, which was enough to surpass the record previously held by the Soviet Union's Lunokhod 2 rover.

NASA project manager John Callas says Opportunity was intended to drive only about one kilometre and was not designed for distance.

He says the rover has driven farther than any other wheeled vehicle on another world.

NASA says that if the rover hits 42.1 kilometres, it will have reached the next major investigation site that scientists refer to as "Marathon Valley" — because it will have travelled the distance of a marathon.

The Russian Lunokhod 2 rover landed on Earth's moon in 1973 and drove 38.9 kilometres.

Opportunity launched on July 7, 2003, and landed on Mars on January 24, 2004.

It has been active for over 10 years. THE ASSOCIATED PRESS

Opportunity casts a shadow across the surface of Mars. THE ASSOCIATED PRESS

## Ontario family recovering. Among 157 stranded on Boston cruise ship

An Ontario family is recovering in Boston after a night at sea aboard a whale-watching boat that was stranded for 17 hours off the coast of Massachusetts.

Craig Bawden, of Newmarket, along with his wife and two young children, was among 157 passengers aboard a Boston Harbour Cruise boat that got caught on a mooring cable Monday afternoon.

Bawden says it was a "miserable" experience and many of the passengers, including his 10-year-old daughter, suffered seasickness during the night.

U.S. Coast Guard officials say divers tried to detach the cable Monday, but couldn't because of the rough seas.

The ordeal was an exciting adventure for Bawden's eight-year-old son, Colter, who says his favourite part was getting to sleep on the boat at sea. THE CANADIAN PRESS

**Gnaw-ty beaver**

### Quebec family safe following beaver encounter

Police say a beaver felled a tree that collapsed onto a car in P.E.I. on Saturday, after it gnawed away at the tree's trunk.

While the Quebec couple and their two infant children were not injured, their car sustained significant damage and requires repairs.

THE CANADIAN PRESS

**Cows kill woman**

### German woman killed in Austria by cow stampede

Police say a herd of cows attacked and killed a German woman hiking through their fenced-in pasture after apparently being riled by the sight of her leashed dog.

The 45-year-old victim was rushed by about 20 cows and could not be revived.

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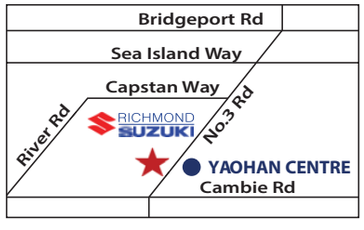

# 'We experiment on human beings': OkCupid

**Love-finding formula.** Matchmaking website co-founder says testing is how you figure out what works

Online matchmaking service OkCupid said on Monday it messed with members' minds a bit in a bid to refine the formula for finding love.

OkCupid co-founder Christian Rudder made a case for the practice in a blog post titled We Experiment on Human Beings, which came on the heels of criticism of Facebook for tinkering with posts to see how it influenced emotions of members of the leading social network.

"We noticed recently that people didn't like it when Facebook 'experimented' with their news feed," Rudder said.

"But guess what, everybody: if you use the Internet, you're the subject of hundreds of experiments at any given time, on every site. That's how websites work."

Rudder described how OkCupid hid profile text to find out how important words were compared to people's pictures. It also told some incompatible folks they were ideal matches to determine if the power of suggestion played into romantic equations.

OkCupid learned that words in profiles mattered little next to pictures and that telling people they were fine matches ramped up the tendency for them to agree.

"When we tell people they are a good match, they act as if they are — even when they should be wrong for each other," Rudder said.

The matchmaking service also tested telling some seemingly perfect pairings they were lousy fits.

It turned out those people were inclined to defy the power of suggestion and grow enamoured of one another anyway, according to statistics posted at OkCupid.

AGENCE FRANCE-PRESS

**Facebook**

**British authorities earlier this month revealed plans to investigate Facebook over an experiment that manipulated the feelings of users, as the social network apologized for its poor handling of the row.**

## Alberta. RCMP should probe former premier's flights: Opposition

Alberta's Wildrose Opposition says there should be an RCMP investigation into former premier Alison Redford's use of government aircraft.

Wildrose finance critic Rob Anderson says the public has an expectation that politicians that may have broken the law should be investigated.

A CBC News report says the provincial auditor general found that Redford's staff blocked others from flying on government planes by booking seats in advance and then removing passenger names before printing the flight manifest.

Anderson says it appears the governing Progressive Conservatives were using the planes as "personal air limousines."

Redford resigned as premier on March 23 amid caucus complaints about lavish spending. THE CANADIAN PRESS

Then-Alberta premier Alison Redford meets with media following a March meeting of the provincial PC Party executive in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS FILE

**Newfoundland**

### Soldiers rescue woman before truck explodes

A group of current and former military members who were on vacation in central Newfoundland put their rescue training to use as they pulled a bleeding woman from a burning truck.

Ryan Folkes and five other friends were driving between Grand Falls-Windsor and Badger on their way to go swimming Sunday when they saw smoke fuming out of the overturned vehicle.

Folkes, 26, said that as onlookers shouted for help, he and his friends administered first aid to the woman, removed her from the truck and brought her to safety just minutes before it burst into flames and exploded.

"We all took off like a shot of a gun towards the truck," Folkes said Tuesday.

He said five of the six had served together in a tank unit and were trained in combat first aid and emergency extraction from vehicles.

Folkes said Danielle Elliott, the wife of one of the soldiers, directed traffic, as he, Ryan Elliott and Adrien Guindon yanked open a door to reach the woman and smashed windows to allow air in. THE CANADIAN PRESS

# Is sifting through email stressing you out?

**Take a deep breath.** Asana aims to bring tranquility (and focus) to your work day by offering an alternative to the deluge of email

Dustin Moskovitz is plotting an escape from email.

The 30-year-old entrepreneur has learned a lot about communication since he teamed up with his college roommate Mark Zuckerberg to create Facebook a decade ago, and that knowledge is fuelling an audacious attempt to change the way people connect at work, where the incessant drumbeat of email has become an annoyance.

Moskovitz is trying to turn that chronic headache into an afterthought with Asana, a San Francisco startup he runs with former Facebook and Google product manager Justin Rosenstein.

Asana peddles software that combines the elements of a communal notebook, social network, instant messaging application and online calendar to enable teams of employees to share information and do most of their jobs without relying on email.

The misery keeps mounting in the corporate world, which remains an email haven. This year, each worker using a business email account will send and receive a daily average of 121 mail messages, a 15 per cent increase from 105 per day in 2011, according to The Radicati Group, which tracks email usage. THE ASSOCIATED PRESS

**Market Minute**

DOLLAR 92.09¢ (-0.50¢)

TSX 15,446.55 (+ 1.33)

OIL $100.97 US (-$0.70)

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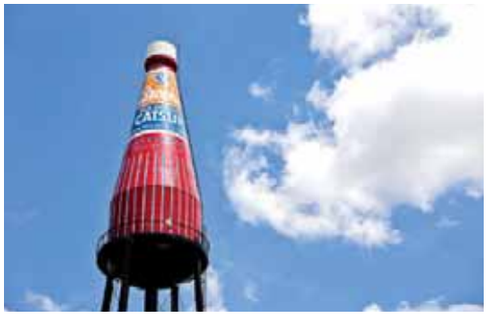
**Natural gas:** $3.82 US (+$0.06)
**Dow Jones:** 16,912.11 (-70.48)



## This ketchup bottle (+land) can be yours for $500,000

This Collinsville, Ill., water tower is a depiction of Brooks Old Original Rich and Tangy Catsup, which was once produced in the buildings beneath the tower. Now the sign is for sale. The owner is asking $500,000 US for the 65-year-old, 170-foot-tall landmark and adjacent warehouse. THE ASSOCIATED PRESS

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CIBC

# DOGS: THEY'RE JUST LIKE US

JUST SAYIN'

**Paul Sullivan**
metronews.ca

Science is a wonderful thing.

It can determine the age of the universe (13.798 billion years, if you're counting from home).

Or it can find out if your dog gets jealous.

Seriously, a study released last week proves that Fido doesn't like it when you scratch behind some other dog's ears, even if the other dog is a stuffed animal.

Researchers at the University of California (it's not, like, Harvard) did an experiment with 36 dog owners and their dogs. First, owners were told to play with a little stuffed dog that barks and wags its tail (Tickle Me Fido?), followed by one of those Halloween jack-o'-lantern treat buckets, followed by reading aloud from a children's popup book.

As you might expect, the dogs were only moderately perturbed by the book and the jack-o'-lantern, although 42 per cent weren't sure about that jack-o'-lantern. But they went all canine when their humans started messing with another dog. In fact, 78 per cent tried to push the toy dog away, and one in four actually snapped at it.

As interesting as this is, dog owners don't need science to tell them their dogs get jealous.

Before the kids came along, we had a dog named Mabel. People would ask, "Where did you come up with a dumb name like Mabel?" I replied that I should have called her Dinner, as that's the only name she'll answer to.

Mabel was not the most affectionate animal but she showed her true colours (black and tan and green all over) the day we brought the first baby home from the hospital. No nudging with her nose or snapping — she just walked into the nursery and deposited a load.

In case there was any doubt about her intentions, 18 months later, when we brought home the second baby, she did exactly the same thing — the only other incident of incontinence in her 17-year existence.

Then there was her body language. Whenever the kids were in the room, Mabel would deliberately turn her back and pointedly ignore them. They grew up traumatized.

Of course, faced with the data, the scientists are showing admirable restraint. "We can't really speak to the dogs' subjective experiences, of course, but it looks as though they were motivated to protect an important social relationship," said Christine Harris, the lead researcher.

Well, duh. Not to mention an important meal ticket. After all, there's more at stake here than a scratch behind the ears.

When you're a dog, you need your best friend more than he or she needs you. So the last thing you need is some other animal — or stupid jack-o'-lantern — competing for tasty snacks that are rightfully yours.

It's a dog's life. And there's no room for another one.

## ZUT ALORS!

A rat runs next to a Maillol statue in the Tuileries Garden of the Louvre Museum in Paris, France, Tuesday. Rats have been on a rampage on the grass in broad daylight, defying death threats from sanitation workers.
FRANCOIS MORI/THE ASSOCIATED PRESS

### The Ratatouille effect? Bold rodents romp around Louvre

Rats are on a rampage in the elegant garden of the Louvre Museum, so bold they romp on the grass in broad daylight, defying threats from sanitation workers and scaring tourists.

The hot weather in Paris has brought many picnicking visitors, whose garbage is a feast for the rats. And they're getting help from animal lovers who dig up poison and give them water.

Maybe it's the Ratatouille effect, with the beloved French rat Remy from Disney's computer-animated film helping real-life rats win Parisian hearts. The vermin are finding a lifeline from "people who don't want us to kill animals," said Jean-Claude Ndzana Ekani, a museum employee.

Rodents have long made Paris their home. In 2000, mice were caught picnicking on pastries in the window of the luxury shop Fauchon. To the west, moles are an ever-present problem at the Palace of Versailles — which has its own mole-catcher.

THE ASSOCIATED PRESS

**Terror on the Seine**

"It's horrible, we're scared of being bitten.... They're really big. Sometimes they fight each other."

Audrey Hacherez, a gardener who weeds flower beds in the formal gardens, as quoted on the theguardian.com

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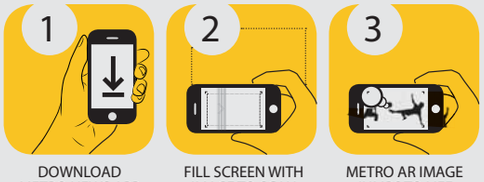


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## Save Batkid, save ourselves

ANDREW FIFIELD
andrew.fifield@metronews.ca

**In the Internet's biggest (pre-World Cup) workplace productivity drag, an awful lot of us spent a November day watching San Francisco get a Gotham-sized makeover in a Make A Wish tearjerker for five-year-old Miles Scott — better known as Batkid and now in remission from leukemia.**

**Filmmaker Dana Nachman is hoping to take a feature-length look at Miles' unforgettable morning and is crowdsourcing the funds to complete Batkid Begins, a documentary on how the whole stunt came together. To tease potential donors, Nachman brought a trailer to this year's Comic-Con, and boy is it sweet. (deadlinehollywood/YouTube)**

GETTY IMAGES FILE

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# Raccoon rockets to stardom

**Lovable masked rogues.** Real-life or animated, raccoons are making out like bandits in the movie world

IN FOCUS
Richard Crouse
scene@metronews.ca

The Guardians of the Galaxy, who made their first appearance in print in 1969, bear very little resemblance to the team of superheroes who will grace the big screen this weekend.

Conspicuous by his absence in the original book is Rocket Raccoon, the heroic character voiced by Bradley Cooper in the film. The feisty raccoon appeared years later, created by writer Bill Mantlo and illustrator Keith Giffen, who named the masked creature in tribute to the Beatles' tune Rocky Raccoon.

They confirmed the Beatle's influence in 1982 with a story that paraphrased John and Paul's lyrics for the title. Called Now Somewhere In the Black Holes of Sirius Major There Lived a Young Boy Named Rocket Raccoon, the book saw the Hulk and Rocket Raccoon stop a villain from stealing Gideon's Bible.

Rocket is the latest raccoon, but not the only, to become a mammalian movie star. Recently Liam Neeson starred in the animated movie The Nut Job, playing the imaginatively named Raccoon, the patriarch of a park, who might not have the best interests of the other animals top of mind.

Guardians of the Galaxy superheroes include Rocket Raccoon voiced by Bradley Cooper. CONTRIBUTED

**AUGMENTED REALITY**

→ My name is Peter Quill! Scan this photo with your Metro News app for a clip of Chris Pratt in Guardians of the Galaxy.

metro AR

→ See the full instructions on Metro's Voices page.

Other animated raccoons have worked steadily. Meeko, the raccoon from Disney's Pocahontas and Pocahontas II: Journey to a New World cartoon also makes appearances in Mickey's Magical Christmas: Snowed in at the House of Mouse and in the Pocahontas video game. Then there's RJ from Over the Hedge, a lovable raccoon voiced by Bruce Willis. "The rascally charm Bruce Willis brought to Moonlighting makes RJ a lovable rogue, or at least a likable one," said director Karey Kirkpatrick.

Real-life raccoons are also getting work — in films like Rascal and The Details — but according to director Steve Carr they can present some problems. Tough guy actor Michael Rappaport voiced Joey, the consigliere raccoon, in Dr. Dolittle 2. The film featured more than 250 four-legged cast members, Carr says, "A huge percentage of our work was waiting for the animals to do what they're trained to do. And the patience that was needed well, it felt at times as if it were Herculean."

**Cancel the stunt doubles**

## *Zoe comes out swinging*

Guardians of the Galaxy might mark Zoe Saldana's first Marvel movie, but she's no stranger to stunt work. When it came time to get fighting, the Star Trek and Avatar star had plenty of past experience to call upon. "There's muscle memory of the things I've done the past seven or eight years. I was able to kind of relax with my body and work with the stunt co-ordinators, but not excessively like I've done on other films," she says. "Chris [Pratt] was like, 'I know you're very stunt-y, but just be yourself.' Around the third take he's like, 'Take it easy, baby. There's your mark.'"

Pratt happily concurs: "She whacked me a few times. I can guarantee she can knock anybody out. She's got a very strong kick and she's not afraid to use it."

But she is concerned with exactly how she uses it, especially when bringing Gamora, an alien bred to be an assassin, to life. "I didn't want Gamora to look like any typical action person that's martial artsy, that just does those Underworld jumps and lands on the ground and it breaks. I wanted her to be a little more graceful and classy in the way she fights," Saldana explains. "She has to be seductive to trick her enemy into falling into their own death." NED EHRBAR/ METRO IN L.A.

Zoe Saldana GETTY IMAGES

# Pro wrestles his demons to get in on the act

David Bautista is Drax the Destroyer in Guardians of the Galaxy. CONTRIBUTED

For David Bautista, making the switch from professional wrestler to movies wasn't easy, but it was well worth it now that he gets to be Drax the Destroyer in Guardians of the Galaxy. Still, he finds himself butting up against people's preconceived notions of him, but he's working on that, too.

**If you were to take on a title like Drax the Destroyer, what would yours be?**

It would be, like, David the Doofus (laughs). I don't know, I think when people see me they have a certain perception of me because of the way I look. You know, I get it — the big muscles and tattoos — but it doesn't really explain who I am. The reason I have all these muscles is because I have issues. Internally. The gym is where I found my sanctuary. It's kind of my therapy and my release. The gym is where I worked out my problems, which I've had more than my share of. But it doesn't really explain who I am, just the way I look physically. I look intimidating until you talk to me for two seconds.

**That's an interesting way to go through life.**

Yeah, it's a little different. And especially with wrestling, that didn't help, just perpetuated it. People want to put a label on you, and a lot of times it's based on the way you look.

When I left wrestling it wasn't easy for me to break that perception of me — especially to get in doors to audition for roles, it was kind of hard convincing people that I actually wanted to act.

NED EHRBAR/METRO IN LOS ANGELES

Ben Affleck ALL PHOTOS GETTY IMAGES

# Where have you Ben? Kevin Smith wonders what happened to bromance

Kevin Smith used to be able to count on Ben Affleck for anything — even a cameo in Clerks 2. But not anymore. "We're not f—ing tight. I have not been (close with him) in decades. That's old Ben. He's got a wife that don't care for me at all," Smith told Yahoo Movies, referring to Jennifer Garner. "And plus, honestly, he probably don't care for me at all anymore. He's a triple-A-list movie star and s— like that. If he's Jimmy Carter, I'm Billy Carter, to put it in '70s terms. And I'm not even related and s—."

That may sound rough, but Smith's rep was quick to clarify it was all "simply a joke and taken completely out of context."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

## *Chris Pratt: The incredible growing-shrinking machine*

NED EHRBAR
Metro in Hollywood

Chris Pratt's waistline has been having quite the adventure. As the actor has been more than happy to discuss, he's packed on and peeled off plenty of pounds for his various roles, getting into impressive shape to play a Navy SEAL in Zero Dark Thirty (230 lbs.) then flabbing out to play a heavyset lawyer in the Delivery Man (295 lbs.), then getting buff again for Guardians of the Galaxy (225 lbs.).

Mention that some of the body image issues projected on women by Hollywood might be crossing the gender divide, and he sounds almost proud. "Are you saying that I might be responsible for giving men body issues? That's the nicest thing anyone has ever said to me," he jokes.

But seriously, folks: "I'm sure I can't relate to what females go through in Hollywood. I do know what it feels like to eat emotionally, to be sad and make yourself happy with food, and then be almost immediately sad and ashamed to try to hide those feelings with more food. It's a vicious cycle and a very real thing," he says.

# Freddie's fed up: He's got 24 problems and Kiefer is one

If you're wondering where Freddie Prinze Jr. has been for the last few years, it's sitting at home and seething about Kiefer Sutherland. The She's All That star opened up to ABC News about how working on Sutherland's 24 almost drove him into early retirement.

"Kiefer was the most unprofessional dude in the world. That's not me talking trash, I'd say it to his face, I think everyone that's worked with him has said that," Prinze says. "I just wanted to quit the business after that. So, I just sort of stopped. I went and worked for Vince McMahon at (professional wrestling organization) WWE, for Christ's sake. And it was a crazier job than working with Kiefer. But at least he was cool and tall. I didn't have to take my shoes off to do scenes with him, which they made me do. Just put the guy on an apple box or don't hire me next time. You know I'm 6 feet and he's 5-foot-4."

Freddie Prinze Jr.

Prinze also says Sutherland would regularly show up to work drunk and sit in his trailer for hours, keeping everyone waiting. Sutherland's rep fired back: "Kiefer worked with Freddie Prinze, Jr. more than five years ago, and this is the first he has heard of Freddie's grievances. Kiefer enjoyed working with Freddie and wishes him the best."

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How-to

## Make the airport more romantic

1. Dress things up a bit. Don't be that couple who look like they just rolled off the couch and into a cab. Make an effort to look like you actually belong in first class.
2. Speaking of which, a surprise upgrade will score you 1,000 brownie points with your mate.
3. The very second you come face to face with an oyster bar, sit down and have oysters.
4. Order a glass of champagne. The real stuff.
5. Set money aside to treat yourself at the airport with a Liberty print necktie, a new pair of Ray Bans, a silk scarf. **DOUG WALLACE/METRO**

Tour

## Geckos Adventures for ages 18 to 35

Young thrill-seekers with a taste for adventure but a budget for camping need to try Geckos Adventures on for size. Their simple philosophy to "run wild" can see you travelling in groups of up to 15 like-minded people in far-flung quadrants of Africa, the Middle East, Asia, and South and Central America, to name a few. You stay on-the-cheap in locally run places, camping sites and B&Bs, eat with the locals like the locals and ride public transport. Visit GeckosAdventures.com.
**DOUG WALLACE/METRO**

Trend

## Adults-only September escapes

TIM STEWART

Latin resorts have a nickname for September: Septi-hambre (instead of Septiembre), hambre meaning hunger. When back to school hits, their hotel rooms and beaches are empty. Perfect timing for Sunwing's Adults Only discounts: up to 60 per cent off one-week all-inclusives for September departures to four- and five-star spots in Mexico, Cuba, the Dominican, Panama and more. Visit Sunwing.ca.
**DOUG WALLACE/METRO**

# El Salvador: The best kept secret in Central America

**Get there before everyone else.** Passed over in favour of more popular destinations like Costa Rica, this tiny nation has plenty to offer visitors

LIZ BROWN
liz.brown@metronews.ca

El Salvador's beaches are beautiful and void of the crowds you'll see in more popular spots like Costa Rica.
LIZ BROWN/METRO

**AUGMENTED REALITY**

→ Scan this photo with your Metro News app to see more images from a Central American adventure; from colonial architecture to out-of-the-way waterfalls!

metro AR

→ See the full instructions on Metro's Voices page.

It was a cold night in December when my pal and I popped open a bottle of wine and started planning our two-week surf trip down Central America's Pacific coast.

Stops in Costa Rica and Nicaragua were musts, as the countries boast some of the best surf scenes in that corner of the globe. But another country had grabbed our attention: El Salvador.

Everything we read talked of the unspoiled beaches, the nascent tourism industry that made your dollar stretch, and the excellent surf. It might have been our curiosity. It might have been the wine. But within the hour we had booked a flight to the capital San Salvador and exchanged a high five.

"You did what?" was my mother's response to the news. "Isn't there a war going on there?"

"Not since the early '90s, mom," I said.

Twenty years on, El Salvador is still trying to shake the violent reputation it gained from that long, brutish civil war that stretched over a decade and saw children recruited as soldiers and civilians terrorized by massacres. It's been a long recovery but the nation that has emerged is on the path towards healing and excited by the prospect of sharing its treasures with visitors.

Any trepidation we felt as we flew towards San Salvador in March dissipated when we walked out of the airport to meet a clean-cut surfer named Jaime holding a placard with our names scrawled on it.

We'd arranged the ride through Papayas, a hostel we booked in a small surf town called El Tunco, about a 45-minute drive from the San Salvador airport.

Following a stilted conversation of broken English and Spanish, he piled our backpacks into his Nissan truck and we hit the highway.

We spent three days in this little town taking surf lessons, gorging on fresh fruit and fried Salvadoran fare and partying late into the night. While we spent two weeks in Central America, we both agreed those first three days were the highlight of our trip.

Here's why you should plan your own Salvadoran adventure.

### The cost

We nabbed a room with an ensuite bathroom at Papayas Surf Lodge, three minutes from the beach, for $22 a night. The beds were clean and comfortable and the lodge had a small pool and kitchen for those who wanted to cook. There are a handful of restaurants to choose from in town (the town consists of two main dirt roads where all of the eateries, shops and bars are clustered). The cost of dinner ranged from $1 for three pupusas (fried tortilla with cheese, meat and beans) from a street vendor to about $6 for North American fare from a patio restaurant on the beach. The meals washed down easily with $1.50 beers. Surf lessons are $10 an hour. Just take the main road to the beach where buff surfer boys hang out hounding you to hire them.

### The empty beaches

The three days we spent in El Tunco were midweek, so we missed the weekend rush when the locals from San Salvador come out to play. That said, it was still high season in Central America (March) and at times we were the only surfers at the beach. There are some breaks further away from El Tunco for more skilled surfers, but the beach near Papayas offers a consistent mid-size wave that's perfect for learning with the added bonus you don't have to worry about running a kid over with your board (a very real risk at some of the more popular spots in Costa Rica). This isn't a white sand Caribbean beach — it's pebbly and dark with volcanic rock — but the waves are good and the sun shines.

# Book tourism. Outlander trip a fan's page-turner

Hardcore fans of Diana Gabaldon's epic fantasy romance series, Outlander, are seriously being spoiled this year.

Following the hotly anticipated TV series of the same name (premiering Aug. 24 on Showcase, just in case you've been living under a set of Standing Stones), Outlander enthusiasts can now travel to Scotland and completely immerse themselves in the world of time-travelling lovers Jamie Fraser and Claire Beauchamp Randall by way of a specially designed, seven-day Outlander tour.

Beginning in Edinburgh, fans will be taken on their own Scottish adventure, visiting some of the key locations used in filming the series and sites that inspired Gabaldon while writing the books.

Highlights of the tour include exploring the cobblestone streets of the Royal Mile and Edinburgh's Old Town, a visit to Doune Castle (Castle Leoch in the novel) and a trip to Loch Ness. There are also tours of Glencoe and Fort William.

Of course, it wouldn't be an official Outlander tour without sampling some of what the Scottish like to call The Water of Life (also Jamie's favourite drink) with a visit to a whisky distillery.

Fans can immerse themselves in the lives of the Outlander characters on a new tour.
THE ASSOCIATED PRESS

Tours are limited to a maximum of 16 people, so no doubt tickets will sell fast (double rates start at $1,005). The first trip is scheduled for Oct. 31, but six trips have just been added for 2015 (May 11, June 8, July 13, Aug. 17, Sept. 14, Oct. 12; booking for next year begins in early October). For further information, head over to the website: rabbies.com

NIKKI MURPHY/MWN IN NEW YORK

Air travel

# A peek at the perks of flying first class

ON THE MOVE
Loren Christie
life@metronews.ca

The front of the plane; where beds lie flat, jackets hang neatly, cookies come warmed and drinks flow freely. But what are the secret perks? With the assistance of Cheapflights.ca, I got the scoop on what are inside those coveted amenity bags.

## Air Canada

Inside this navy coloured kit are soft cotton socks, a pair of grey ear plugs, a light grey eye shade that's soft to the touch, a toothbrush with a five-gram tube of Colgate toothpaste and a Mentos mint. The skin care products include bergamot body lotion, a refreshing cleansing cloth and a lime-peppermint lip balm. It's best for no-nonsense travellers who are rich enough to fly Business Class but don't want bling cluttering up their cabinets.

## Delta

Made by Tumi, this travel kit is a small, woven-effect black purse containing a multitude of goodies. The branding is no-nonsense, black and sleek; the eye mask and cosy socks are wrapped in red card saying "sleep," the hand wipe is labelled "clean" and the ear plugs "quiet." Also included is shoe polish, a shoe horn, comb, tissue, pen and 50 grams of Crest and dental floss (a first). By far the most generous of all the kits collected by Cheapflights.ca, travellers looking for quality and quantity will love this kit.

## British Airways

The first class men's kit offers a foldable comb/brush, razor, toothbrush and toothpaste, a pen, shave gel, moisturizer, eye gel, lip balm and deodorant. The women's kit includes a foldable comb with a mirror, cotton pads, a pen, toothbrush and toothpaste. There's also renewing rose cleanser and triple rose renewing moisturizer, firming eye serum, orange flower hand lotion, a lip balm and a deodorant stick.

## Etihad

Etihad's limited-edition kits were created and produced by Sougha, a social enterprise initiative that's preserving the Emirati heritage and promoting local artisans. The patterns of the kits evoke the romance of Bedouin tents. The diamond-level kit includes soft brown socks and an eye mask that's as soft as suede, as well as roll-on pulse point oil, pillow mist, a toothbrush and toothpaste, cotton buds, pads and emery board, lip balm, hand balm and facial moisturizer by Le Labo.

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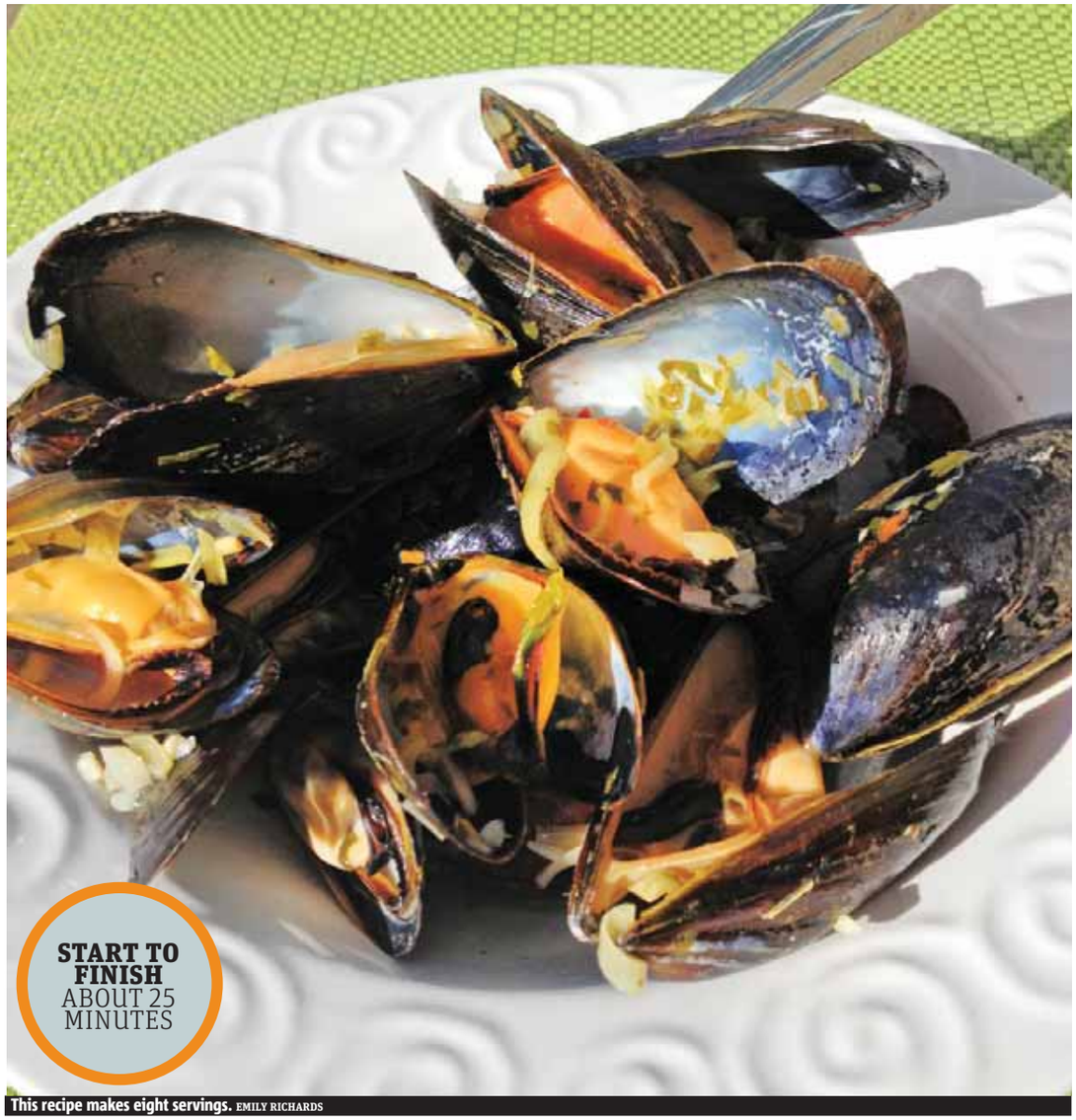
# Mussel your way to Thai flavours




This recipe makes eight servings. EMILY RICHARDS

**Steamed Lemongrass Mussels.** To cool or not to cool? The choice is yours with this refreshing dinner option

DINNER EXPRESS
Emily Richards
food@metronews.ca

Fragrant lemongrass fills the air with a citrus aroma while the mussels steam to produce a flavourful juice.

The juicy mussels are loaded with flavours that entice you into the rest of your Thai experience. This dish is great served hot or cold.

**1.** Trim top and end of lemongrass. Remove outer layers. Using back of knife gently bruise stalks. Cut in half lengthwise, then crosswise into thin slices.

**2.** In Dutch oven or large saucepan, heat oil over medium heat. Add lemongrass, garlic and pepper; cook stirring for 1 minute or until fragrant. Add wine, water, fish sauce, lime rind and juice and half of the coriander.

**3.** Bring to boil; add mussels. Cover and cook, stirring once, for about 5 minutes or until all mussels are open. Discard any mussels that do not open. Pour onto large platter; sprinkle with remaining coriander.

**FLASH FOOD**

From your fridge to your table in 30 minutes or less

**Ingredients**

- 2 stalks lemongrass
- 2 tsp (20 ml) canola oil
- 2 cloves garlic, minced
- 1 Thai bird chili pepper, sliced (or 1/4 tsp/1 ml hot pepper flakes)
- 1/4 cup (50 ml) white wine or sodium-reduced vegetable broth
- 1/4 cup (50 ml) water
- 2 tsp (10 ml) fish or sodium-reduced soy sauce
- 1/2 tsp (2 ml) grated lime rind
- 2 tbsp (25 ml) fresh lime juice
- 1/2 cup (125 ml) chopped fresh coriander
- 2 pkgs (907 g each) mussels, bearded and rinsed

**Chill out!**

**Chilled Option: Cook as above. Transfer mussels to bowl. Boil liquid for about 5 minutes or until reduced by half. Remove mussels from shells and add to reduced liquid. Reserve half of each shell. Cover and refrigerate mussels and shells for at least one hour or up to 24 hours. Arrange shells on lettuce-lined platter; fill each with mussel and drizzle remaining liquid over top; sprinkle with remaining coriander.**

# Dig in and be as happy as a clam

White clams, bacon, mushrooms, sweet green peas, roasted tomatoes, and garlic in a white wine cream sauce, finished with shaved Parmesan. Need we say more?

To make this dish even easier, you can purchase cooked, frozen clams from the seafood section of your local grocery store.

Many bags come with clam juice already inside.

**Ingredients**

- 4 tbps (60 ml) butter
- 4 tsp (20 ml) olive oil
- 5 cloves garlic, finely chopped
- 10 button mushrooms, thinly sliced
- 1/4 cup (60 ml) white wine
- 1/4 cup (60 ml) clam juice
- 20 cherry tomatoes
- 3/4 cup (180 ml) 35% Cream
- 40 white clams, cooked, drained
- 1/2 cup (120 ml) green peas
- 6 slices bacon, cooked, finely chopped
- 4 cups linguini, cooked
- Salt and pepper
- 1/4 cup (60 ml) Parmesan cheese
- 1 bunch parsley, chopped

**1.** Melt the butter and olive oil in large saucepan on medium high heat until both are bubbling.

**2.** Add the chopped garlic and mushrooms. Sauté for about one minute. Add the white wine and clam juice. Reduce until liquid is about half gone.

**3.** Add the cherry tomatoes and stir for 30 seconds. Add cream and reduce heat to medium. Allow cream to bubble for about 30 seconds.

**4.** Add clams, peas and bacon. Gently stir pan until all ingredients are coated. Season with a few pinches of salt and pepper.

**5.** Add linguini. Gently stir again until all pasta is coated in sauce. Remove from heat.

**6.** Divide pasta evenly into four serving bowls. Sprinkle each bowl with Parmesan cheese and parsley.

RECIPE FROM CHEF BRYAN JUREK OF FIONN MACCOOL'S

This recipe serves four. FIONN MACCOOL'S

# How Tweet it is to be employed by you

**Hashtag hired.** Find Insta-nt success in the social media job sphere with these key skills

LAUREN MARINIGH
TalentEgg.ca

In this day and age, who wouldn't dream of working in the popular field of social media?

Job opportunities in social media have started to grow in popularity among the millennial generation — and many organizations have a high demand for professionals in this area.

There are a number of skills that can make you an asset in this field, and many of them require just a little investment of time and energy outside the classroom.

The number of major social media platforms is rapidly growing. How many are you a part of? ISTOCK

### Strong writing skills

While social media professionals often tackle a number of small writing tasks (think: 140 characters) instead of large ones, you'll still need excellent writing skills to get ahead in this field.

In addition to being a grammar wizard, you'll also need to communicate effectively using the written word.

This is a key skill for any career, but when you're the person behind a brand's online presence, it is absolutely mandatory that you be able to write effective and engaging content.

### Customer service skills

You might not think to connect your experience in customer service with a job opportunity that involves social media.

However, careers in social media involve dealing with the public all the time.

While you may be connecting with people from the other side of a screen, knowing how to deal with different customer inquiries and complaints is vital to your continued success.

### Dedication & passion

Working in social media is not a nine-to-five job.

You will often have to work around the clock and on weekends. The online community never sleeps, and neither do your fans and customers.

This is particularly true if you work for a business that is open seven days a week.

There's good news. If you're dedicated and passionate about social media and community management, it won't feel like work to be constantly tuned into your social media channels; it should be second nature.

### Willingness to learn

Social media is rapidly changing.

Since you've started reading this article, it's probably already changed in some way, shape or form, or a new trend has appeared. If you plan on pursuing a career in social media, you'll have to be ready to keep up.

If you're looking for a career where your learning stops the minute you graduate school, social media isn't for you.

You can't be an expert in social media without staying up-to-date — and you have to be willing to accept that.

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**Ease of employment**

**If you're dedicated and passionate about social media and community management, it won't feel like work to be constantly tuned into your social media channels; it should be second nature.**

**Personality**

**You have to have personality in order to be a social media professional.** Why?

- To represent the brands and organizations you're working for, you're going to have to channel several different personalities.
- Sometimes you may need to be casual, and at other times you may need to be corporate. A social media professional one must be able to assume any sort of personality, voice and tone thrown their way.
- A big part of getting started in social media is balancing learning and experience. While there's no substitute for hands-on work, it's important to plan your career with the major skills you'll need in mind.

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4 SPORTS

Whitecaps

## 'I am sick of draws': Robinson

The Vancouver Whitecaps' inability to close out games had coach Carl Robinson feeling a bit ill-tempered.

Robinson's team has just one win and five draws in its last eight Major League Soccer games. It's a trend Robinson hopes to change Wednesday night when the Whitecaps (6-4-10) play the struggling Chicago Fire (3-5-11) at Toyota Park in Bridgeview, Ill.

"I am sick of draws, to be honest," an unusually testy Robinson said before the Whitecaps boarded a plane to Chicago. "I'm sick of them because we are so close to winning games.

"I think we should have won more games than we have drawn."

The Welsh-born coach's health didn't receive much relief Sunday when the Whitecaps blasted a franchise-record 30 shots at the FC Dallas goal but settled for a 2-2 draw, Vancouver's 10th tie of the season. That left Robinson, who sat up until 3 a.m. Monday analyzing the game, with a glass-half-full feeling.

"I'm delighted we created that many chances," he sighed. "If teams create that many chances (they) should score more."

The Whitecaps sit sixth in the crowded Western Conference standings. They are one spot out of the playoffs but are just three points removed from third place. Vancouver is 1-2-5 in their last eight games with the lone victory coming at home against Seattle.

THE CANADIAN PRESS

# Lions' speedster remains patient

**Tim Brown.** Former West Division all-star has appeared in only one game this season

CAM TUCKER
cam.tucker@metronews.ca

The Lions' Tim Brown has played in just one of the team's five games this season. TORSTAR NEWS SERVICE FILE

Reduced to spectator status through the majority of this season, Tim Brown knows he can control only so much.

Brown is now into his fourth year with the B.C. Lions, but has been a healthy scratch in four out of five games this season.

He has shown to be a reliable and at times dynamic contributor in the kick return game — West Division all-star and West Division Top Special Teams Player in 2012 — but it appears he could again sit out when the Lions hit the road against the Calgary Stampeders on Friday.

It's a numbers game.

The CFL ratio of national players to international players is a factor in the decision process.

So, too, is the fact the Leos also have two established running backs ahead of Brown in Andrew Harris and Stefan Logan.

"Right now, it's about waiting my turn, being patient," said Brown, who is now only 78 yards off the club's all-time lead in total kick return yards.

Brown's lone appearance of the season came last Friday. He had two kickoff returns for an average of 26.5 yards, and five punt returns for an average of 9.2 yards — plus a few jitters.

"I don't want to have no mistakes. If I bust up a long one, this might keep me on the field the rest of the year," said Brown.

"It was just everything going through my mind."

In a practice setting, Brown has some amount of control over what he does.

Getting into a game, well that's the decision of head coach Mike Benevides.

"He works his ass off. He's an ultimate teammate and even if the circumstances don't fall his way, he's everything you want," said Benevides.

A man of faith, Brown speaks openly about his beliefs and how they have guided him through football, no matter how good or difficult the situation.

He's also exercised a great deal of patience, particularly this year.

"I look at it as another test," he said.

"Part of the jitters before that game was because I wanted to do so well. I wanted to show them I ... can still do this."

# Warner on the mark with career choice

Damian Warner prepares for a throw in the javelin during the decathlon in Glasgow, Scotland, on Tuesday. CAMERON SPENCER/GETTY IMAGES

Damian Warner's choice to pursue a career in track-and-field has paid off with a gold medal.

The 24-year-old from London, Ont., won the men's decathlon in dominant fashion Tuesday at the Commonwealth Games.

The victory was Warner's first on the international stage, and he spent his victory lap stopping to meet all the kids clamouring for pictures.

"It's always awesome, running around with the country's flag," he said. "I tell ya, we took a lot of selfies out there, a lot of those kids have their cellphones out."

Warner scored 8,282 to win his only decathlon of the season; he was hampered earlier by a leg injury. England's Ashley Bryant won the silver with 8,109 points.

**AUGMENTED REALITY**

→ Scan the image with your Metro News app to view a gallery of more action from around Glasgow.

metro AR

→ See the full instructions on Metro's Voices page.

Growing up, Warner considered pursuing basketball or football — he was strong in both, and was and still is a huge Toronto Raptors and Vince Carter fan.

He didn't choose decathlon until after high school and said there is plenty to learn before the Rio Olympics, where he's sure to be a medal favourite.

"The biggest thing I learned (in Glasgow) is you've just always got to compete," he said. "The last couple of days I've had some events that I was not happy about, but I've got to get on to the next one.

"It's something you've got to keep imprinting on your brain. You get upset about events, you've just got to keep moving forward and keep working." THE CANADIAN PRESS

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**2014 Kia Forte Koup**

- **Type:** Two-door, front-wheel-drive compact coupe
- **Engines:** 2.0-litre four-cylinder (173 hp), 1.6-litre turbo four (201 hp)
- **Transmission.** Six-speed manual, six-speed automatic
- **Base price.** $22,480, including destination

**Market position**

For folks seeking a sporty looking car that is also fun to drive, practical, and relatively cheap to buy and operate. Prime demographic is young people and empty nesters, who don't need four doors and a big back seat. Design officer Peter Schreyer is pushing Kia design toward a European look and feel.

**Points**

- Shares underpinnings with its corporate cousin, the Hyundai Elantra.
- This is the second generation for Koup, and the first to get a turbo-charged engine option.
- Looks the sportiest of the Forte clan, but the five-door also gets the extra sporty stuff, like turbo engine offering and suspension tweaks.

The sleek roofline compromises rear visibility and trunk access.

**Safety features**

Six airbags, obstacle-detecting power windows, child-seat tethers, rear parking camera, automatic headlights, side-view mirror signal repeaters, four-wheel disc brakes with ABS, electronic stability control, vehicle stability management, hill assist control, auto dimming rear mirror.

# Sporty Koup lacks edginess

PHOTOS: MIKE GOETZ

**Review.** Two-door version of Kia Forte gets more of everything over sedan

MIKE GOETZ
drive@metronews.ca

With the arrival of the all-new Kia Forte sedan, it was just a matter of time before the five-door hatchbacks and two-door coupes showed up.

As it did with the previous generation of Fortes, Kia decided to give the two-door model its own name: the Koup. And the company has honestly tried to make the Koup its own vehicle.

The 2014 Koup only shares its hood and front fenders with its siblings, and flaunts more of everything compared to its predecessor — more power, more style, a longer and wider stance, and just a wee bit more rear-seat legroom.

The coupe format prioritizes the driver's needs for style and at-the-wheel fun. It's perfect, for example, for young people who have yet to experience the misery (or joy) of having to concern themselves with the all-encompassing needs of offspring.

New engines include a 2.0-litre direct-injection four cylinder, which grunts out 173 horsepower, the equal amount of the previous 2.4-litre engine, and a 201-hp, 1.6-litre turbo, which debuted earlier as the upgraded engine for the Veloster — the other compact sporty coupe in the Hyundai-Kia arsenal.

The modern, quiet cabin is built with high-grade materials.

That turbo, only available on the Koup's up-level SX trim, seems to suggest Kia might be eyeing the upper echelons of the compact sports coupe wars, where the Honda Civic Si and Golf GTi screech their tires.

Even with the new engine, however, the Koup is not really positioned to prosper in that subcategory, which appeals more to outright gearheads. The Koup doesn't have the steering feel and overall edginess of those two.

But we're sure Kia was aiming for a different experience, anyway, one where the driver can confidently fling the vehicle around, and bask in a style and interior experience that belies its price class.

This personal-luxury feel is created by a very quiet cabin, built with high-grade materials and rendered in a modern style.

The sleek roofline means compromises to rear visibility and the size of the trunk access. But the trunk is fairly large, and the rear seats fold forward. It was easy to slide my bicycle into the back.

Friends may have trouble getting into the rear seats, but, overall, the Koup is a very upbeat vehicle that you and your friends will enjoy.

**Compare**

**1 Honda Civic Coupe**
**Base price: $20,523**
Si version is class of the compact sports coupe field.

**2 Volkswagen Golf**
**Base price:$20,605**
All-new for 2015. As always, adept at handling and interior packaging.

**3 Hyundai Veloster**
**Base price: $21,544**
Unique style not for everyone. Third door aids access.

DRIVE

## AUGMENTED REALITY

**Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

metro AR

→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
You may feel you have gone as far as you can go with a project but don't give up on it yet. If you do you will most likely regret it next month when the omens are more favourable.

### ♉ Taurus
**April 21 - May 21**
There is a danger that you will overreact to criticism and say or do something that comes back to haunt you. At home and work, think before replying.

### ♊ Gemini
**May 22 - June 21**
One huge effort may get you past an obstacle, but will it have an adverse effect on your health? The planets urge you to take a more relaxed attitude to do what you have to do.

### ♋ Cancer
**June 22 - July 23**
Do something about your cash flow situation but make sure it does not risk everything. Have you convinced yourself that things are worse than they are?

### ♌ Leo
**July 24 - Aug. 23**
The Sun at odds with Neptune means your imagination is working overtime. You will be more creative than usual, but don't expect everyone else to go along with your plans.

### ♍ Virgo
**Aug. 24 - Sept. 23**
All you want is to be left alone for a while — is that too much to ask? Find a quiet place you can call your own and think about the meaning of life.

### ♎ Libra
**Sept. 24 - Oct. 23**
Everything that occurs in your life is part of a deeper plan, so don't try too hard to change things because it's unlikely to happen. Let fate take its course.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
If you approach a task in a negative frame of mind, you won't much enjoy it. But if you pretend you have been looking forward to it, how easy it is might surprise you.

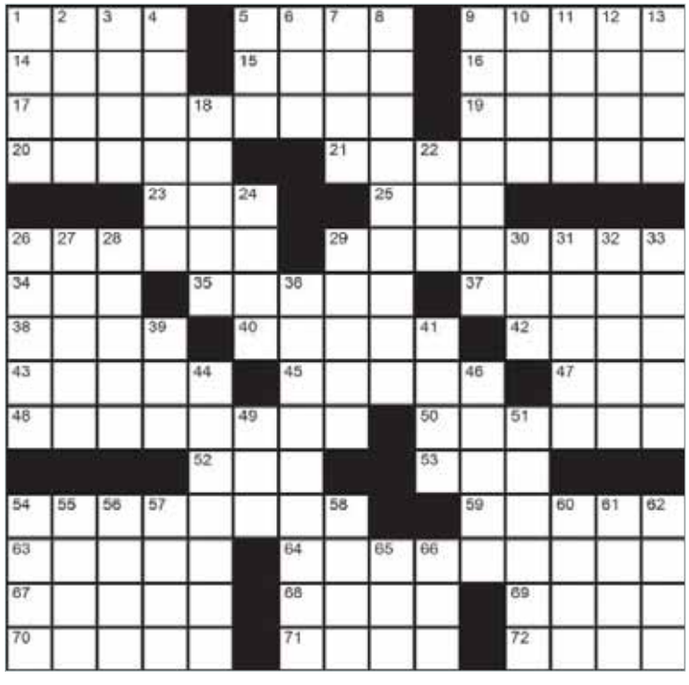
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Be open to alternative viewpoints. The world is changing faster than ever and those who don't try to keep up will get left behind quicker than they anticipated.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
Don't come on too strong today or you could turn people against you and, in doing so, damage both your reputation and your earning power.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Because the Sun makes a difficult aspect to Neptune, planet of illusion, today make sure that your dreams have a solid basis in reality.

### ♓ Pisces
**Feb. 20 - March 20**
If a co-worker says something hurtful don't take it to heart. You should take it as a sign that you are on the right track. They obviously feel threatened. Keep doing what you're doing.

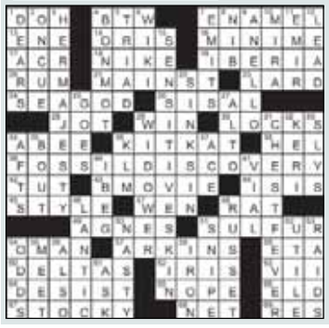
## Crossword: Canada Across and Down by Kelly Ann Buchanan



**Across**
1. __ and dry
5. Gladiator's 2900
9. Please = SVP = S'il vous __
14. Bryan Adams album: '__ the Fire'
15. Brad Pitt's ancient film
16. __-Barbera (Cartoons)
17. 1971 Mordecai Richler novel, __. __ Horseman
19. Playwright Mr. Chekhov
20. Pasta selection
21. Parliament Hill ceremony, __ of the Guard
23. Deplete
25. Fruity drink
26. Light __
29. Quebec City: __ Monastery National Historic Site of Canada
34. Owned
35. __ idea (Doesn't realize): 2 wds.
37. "__ __ Acapulco" (1963) starring Elvis
38. Patron saint of Norway
40. "...to __ own self be true..." - Shakespeare
42. Water-to-wine biblical site
43. "Romeo and Juliet" actor Milo
45. Video game name
47. Bird's 'bill' in Boucherville
48. Bling for footwear
50. Michael J. Fox's mouse-voice movie, "__ Little" (1999)
52. Bible boat
53. East: French
54. Canadian ice cream company
59. Space shadow
63. Varlet
64. __ Valley, Nova Scotia
67. Grant
68. Conked out
69. Brood
70. The __ MacNeils (Celtic band from Cape Breton)
71. Canadian War Museum current exhibition... Transformations - A.Y. Jackson & __ Dix
72. Uno + dos = __

**Down**
1. Bit of bangs
2. Poker stake
3. Stupefy
4. Nest pest
5. Kingston Trio lettered song
6. Hosp. picture
7. Regarding [abbr.]
8. The Knack hit: 2 wds.
9. Elisha Cuthbert's hockey player hubby Dion
10. French or English, e.g.
11. Against
12. Get __ __ the ground floor
13. Orange drink mix
18. Sandy spot
22. Promos
24. "What's __?!"
26. Gets bugs to go bye-bye
27. Brandon __ (Jason Priestley role)
28. Boise's state
29. Cohesiveness
30. Captain Jean-__ Picard
31. DWTS judge Carrie Ann
32. San Francisco footballer, colloquially
33. Legislate
36. Ian Ziering movie thriller
39. Cost
41. Gaelic
44. Town in southeastern Saskatchewan
46. "__ __ to you." (Your choice!)
49. Period
51. Greatest extent
54. Zodiac creature
55. "That's __ __ Heartache Begins" by Patsy Cline
56. Culture medium
57. Contented cat's call
58. Huffy-puffy mood
60. '90s British band
61. Irritate
62. Inquires
65. Meshwork
66. Commotion

### Yesterday's Crossword



### Online

See today's answers at metronews.ca/answers

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 8 | | 6 | | | | | |
| | | 6 | | 7 | | | | 1 |
| | | 4 | | 9 | 5 | 8 | 2 | |
| | | 9 | | | | | | 7 |
| | 1 | 2 | | 3 | | 9 | 6 | |
| 7 | | | | | | 4 | | |
| | 6 | 3 | 9 | 1 | | 5 | | |
| 5 | | | | 4 | | 1 | | |
| | | | | | 8 | | 9 | |

### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 5 | 1 | 2 | 3 | 7 | 6 | 8 | 9 |
| 8 | 2 | 3 | 1 | 9 | 6 | 7 | 5 | 4 |
| 7 | 9 | 6 | 4 | 5 | 8 | 2 | 1 | 3 |
| 1 | 3 | 4 | 5 | 6 | 9 | 8 | 2 | 7 |
| 5 | 8 | 7 | 3 | 2 | 1 | 4 | 9 | 6 |
| 9 | 6 | 2 | 7 | 8 | 4 | 5 | 3 | 1 |
| 6 | 4 | 9 | 8 | 1 | 5 | 3 | 7 | 2 |
| 3 | 1 | 5 | 6 | 7 | 2 | 9 | 4 | 8 |
| 2 | 7 | 8 | 9 | 4 | 3 | 1 | 6 | 5 |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| Vancouver | Vancouver | North Vancouver | Richmond | Surrey |
| D#6276 | D#6278 | D#6277 | D#6279 | D#11013 |

©2014 smart Canada, a Division of Mercedes-Benz Canada Inc. Vehicle shown is smart fortwo passion coupe with optional equipment at an extra cost. Total price is based on a 2015 smart fortwo pure coupe, National MSRP of $14,800. *Total price of $17,060 includes charges of freight/PDI of $1,495, dealer admin fee of $595, air-conditioning levy of $100, PPSA up to $50.48 and a $20.00 fee covering ERF tires, filters and batteries. **Vehicle options, fees and taxes extra. Lease offer based on the 2015 smart fortwo pure coupe(Stock #R1562002). [1] Lease example based on $99 (excluding taxes) per month for 24 months. Due on delivery includes down payment or equivalent trade of $0, plus first month lease payment, security deposit, and applicable fees and taxes. Lease APR of 0.9% applies. Total cost of borrowing is $171, total obligation is $5,136. 12,000 km/year allowance ($0.20/km for excess kilometres applies.). Lease offer is available only through Mercedes-Benz Financial Services on approved credit for a limited time. Vehicle license, insurance, and registration are extra. Dealer may lease or finance for less. Offer ends July 31, 2014.